



**Providing the most  
comfortable and appropriate  
care for your loved ones.**



***"We are making sure that  
Hoosiers have access to  
the full range of long-term  
care options and support services."***

*– Governor Mitch Daniels*

# HOME HEALTH CARE



## ❧ *Home Health Care and Home-Based Care Services*

In the comfortable surroundings of an individual's home, home health services are provided based upon a physician's approval and plan of care. Trained personnel make home visits which may include skilled nursing, home health aide, or therapy services including physical, speech, and occupational therapy. Through the Medicaid waiver, individuals may also receive an array of services including homemaker or attendant care services to name a few. First and foremost, the primary goal remains providing in home support that will enable individuals to live independently and safely at home.

# ADULT DAY SERVICES



## ❧ *Adult Day Services*

An Adult Day Service facility is not a permanent home. Adults travel from their homes to a facility offering a variety of services. Some of the services include health, social, recreational, and therapeutic activities. Frequently, facilities involve individuals in memory building activities, group exercise and social building skills. Often, transportation to and from the site, as well as meals, are provided. Adult Day Services allow caregivers – whether family members or friends – to continue maintaining routine activities knowing that their loved one remains in a safe, familiar environment. Qualifications require that individuals must: be eighteen (18) years of age or older; meet financial guidelines for Medicaid; meet nursing facility level of care; and meet a level of service rating as determined by a case manager.

## ADULT FOSTER CARE



### ❧ *Adult Foster Care*

This option allows an individual and up to three (3) other individuals to live full time in a private home with an unrelated caregiver where they have separate bedrooms, receive home-cooked meals, as well as social activities. Services may also include personal care, homemaker and attendant care, companionship, medication oversight, transportation, case management, adult day services, specialized medical equipment and supplies, and health care coordination. Medicaid reimburses the home-owner or company-owned home for providing these services. Qualifications require that individuals must: be eighteen (18) years of age or older; meet financial guidelines for Medicaid; meet nursing facility level of care; and meet a level of service rating as determined by a case manager.

## ASSISTED LIVING



### ❧ *Assisted Living*

This popular option allows individuals to live on their own in a licensed residential care facility within a single building or planned complex. Depending on personal choice an individual may decide to reside independently or with a roommate. Various levels of service are available to an individual and can be adjusted as needed. A full range of meal plans and nutritious snacks, as well as social activities are provided. With 24-hour on-site response staff and an on-call nurse, there is immediate access to help should the need arise. Qualifications require that individuals must: be eighteen (18) years of age or older; meet financial guidelines for Medicaid; meet nursing facility level of care; and meet a level of service rating as determined by a case manager.

## SELF-DIRECTED ATTENDANT CARE



### ❧ *Self-Directed Attendant Care*

The self-directed attendant care option gives an individual the opportunity to hire an attendant(s) of their choice so that an individual has more control over their personal care. Hired caregivers give “hands-on”, non-medical assistance, and help with basic daily living skills, which may include housekeeping activities or meal preparation. Although the individual receiving services is acting as the actual employer, he/she is not responsible for the payment of services and taxes to the attendant because the state arranges for a fiscal agent to manage those tasks. This option works well for those individuals needing some help, but want to remain independent and manage their own care.

## NURSING FACILITIES



### ❧ *Nursing Facilities*

When individuals require nursing facility care, facilities provide the medical care necessary while also providing additional services which include physical, speech, occupational and respiratory therapy. Besides medical care, nursing facilities also provide social and recreational activities and transportation.



## *& Long-Term Care & Medicaid for Aging Hoosiers*

The Indiana Family and Social Services Administration (FSSA) manages the Indiana Medicaid program which includes funding of long-term care for more than 25,000 older Hoosiers. Through the FSSA Division of Aging, the OPTIONS program has been created to promote and support a broad range of long-term care community options for older Hoosiers including: Home Health Care, Adult Day Services, Adult Foster Care, Assisted Living, Self-Directed Attendant Care and Nursing Facilities. Each choice offers different levels of care based on the personal needs of each individual.

The OPTIONS program places long-term care decisions where they belong – in the hands of our older Hoosiers and their trusted family members. Because we know that older citizens have unique personalities, medical needs and social wishes, they are now free to make choices. Individuals and their families will no longer be restricted by which options Medicaid will cover. And taking some of the worry out of the process allows everyone to focus on the quality of life for our older Hoosiers.

The Nursing Facility Transition Program, within the FSSA Division of Aging, helps individuals transition from nursing facilities safely back into the community using home and community-based services. Transition teams work with individuals who desire to return to community settings, providing access to OPTIONS counseling, transition services, and post-discharge follow-up to ensure the move is successful.



**888-673-0002**

**[www.ltcoptions.in.gov](http://www.ltcoptions.in.gov)**

State of Indiana—Mitch Daniels, Governor